

## Roasting Methods

There are two methods for roasting a whole chicken:

### 1. Regular-heat method:

Preheat oven to 350 degrees F (175 degrees C).

Roast whole (thawed) chickens for 20 minutes per pound, plus an additional 15 minutes.

### 2. High-heat method (this creates a crispy, darker skin):

Preheat oven to 450 degrees F (230 degrees C) and cook whole (thawed) chicken for 10-15 minutes.

Then reduce the temperature to 350 degrees F (175 degrees C) and roast for 20 minutes per pound. (Do not add the extra 15 minutes to the cooking time as with the regular method.)

## VIDEO: Orange Herb Roasted Chicken

Here's a roast chicken recipe that follows the regular-heat method.

### How to Tell When Your Roast Chicken Is Done

Whether you roast a chicken using the regular-heat or high-heat method, a whole chicken is ready when a instant-read meat thermometer inserted into the inner thigh (close to but not touching the thigh bone) reads at least 165 degrees F (74 degrees C).

The temperature of the meat will continue to rise slightly when you pull it out of the oven (this is called "carryover cooking"), so if the thermometer shows a few degrees below the target, give it a few minutes to rest — the internal temperature might still rise to at least 165 degrees F (74 degrees C).

When you remove the chicken from the oven, cover it loosely with a doubled sheet of aluminum foil, and let it rest for 10 minutes before slicing. This redistributes the juices and results in moister chicken.

checking the chicken readiness with a thermometer

Ready when it hits 165 | Photo by Meredith

How Long to Roast a Chicken

Use this chart to determine how long to roast your chicken:

Roasting Times Chart

Weight (in lbs.)

Regular Method

High Heat Method

2.5 to 3

1 hour 15 minutes

1 hour

3 to 3.5

1 hour 25 minutes

1 hour 10 minutes

3.5 to 4

1 hour 35 minutes

1 hour 20 minutes

4 to 4.5

1 hour 45 minutes

1 hour 30 minutes

4.5 to 5

1 hour 55 minutes

1 hour 40 minutes

5 to 5.5

2 hours 5 minutes

1 hour 50 minutes

5.5 to 6

2 hours 15 minutes

2 hours

6 to 6.5

2 hours 25 minutes

2 hours 10 minutes

6.5 to 7

2 hours 35 minutes

2 hours 20 minutes

7 to 7.5

2 hours 45 minutes

2 hours 30 minutes

NOTE: These times are for unstuffed whole (not spatchcocked) birds. Add 15 minutes to the total cooking time if you're roasting a stuffed chicken. And as with the chicken itself, make sure the stuffing reaches a temperature of at least 165 degrees F (74 degrees C).

A spatchcocked chicken takes less time to roast. A 3-lb spatchcocked chicken roasted at 400 degrees F (200 degrees C) can be done in about 45 to 55 minutes. Try this recipe for Butterflied Roast Chicken with Lemon and Rosemary.